BAR HILL NEWS

Brought to you by the Bar Hill Community Association
February 2024 Issue 653

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HAPPY NEW YEAR

February 2024 Timetable

Every Monday, 10- 12 (unless otherwise listed) in the Octagon (opposite Maple Surgery)
The Hub is for people of all ages as a place to gather & enjoy community!

5 February	Coffee Stop, Foodbank, Citizens Advice	Health & Wellbeing 10:15 -10:45
12 February		Carers Café 10-11:30 featuring Charity Green from H.A.Y. (How Are You) South Cambs
19 February	Meet a Parish Councillor	Health & Wellbeing 10:15 -10:45
26 February	5AsideChess	

WHEN: Every Monday 10am – 12pm

WHERE: The Octagon (opposite Maple Surgery), Bar Hill, CB23 8EH

WHAT: In 2024 we are delighted to partner with Warm Welcome Spaces. The Warm Welcome campaign exists to turn poverty and isolation into warmth and welcome through the power of local Spaces made by and for the community. By working together, Warm Welcome will ensure everyone has somewhere warm and friendly to go, so no one is ever left to get through winter alone. Our vision is to create a fairer and friendlier society, built by local communities, so everyone can thrive and knows where to turn to for warmth, welcome, friendship and support. The Hub is a busy gathering space, providing a warm, comfortable, welcoming space for our entire community. Come along and join us, we look forward to seeing you!

Coffee Stop: Pop in for a coffee, a piece of delicious home-made cake and a chat with friends, old and new!
Foodbank: No need for any vouchers. If you are struggling financially, drop by and let us help you, **available from 9am**
Citizens Advice: to book an appointment please either:

Email: **barhilladvice@gmail.com** or,

Send a PM: Kevin Potts using Facebook Messenger or,

Phone: and leave your details with our freephone number: **0800 088 6522**

Health & Wellbeing: On the **1st & 3rd Monday**, take advantage of some exercise guidance from our experienced coach and visiting speakers (starting at 10.15am)

Carers Café: On the 2nd Monday of the month, providing support for any carers in the village, even if you are not a patient of Maple Surgery

Meet a Parish Councillor: You can meet one of our Parish Councillors to discuss any issues within our village, between 10am and 12pm within the Coffee Stop. Just look for the sign

5AsideChess (within the Coffee Stop): A great way to connect and start a conversation with people happy to teach you this wonderful game. Come along and join us for refreshments and a chat!

BAR HILL COMMUNITY ASSOCIATION

Chair of Trustees	Andy Pellew
Vice Chair	Anthony Mitchell
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Treasurer/ BHN Advertising	Hilary Whipp
BHN Editor	Andy Pellew
Features Editors	Liz Dams, and Bridget Wilson
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Bunty Waters	Jo Hall
Kate Da Costa	

If you'd like to contact the BHCA then you can either write to us **c/o Bar Hill Parish Council Offices, Hanover Close, Bar Hill. CB23 8EH**, email **chair-of-trustees@barhill-ca.org**, or call **07814 871752**.

We meet monthly on the second Tuesday at 7:30 pm in the Fox. If you'd like an agenda please get in touch!

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to **bhn-editor@barhill-ca.org**

See www.barhill-ca.org

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LETTERS, NOTICES & ANNOUNCEMENTS TO THE EDITOR

Please send your letters & notices to **bhn-editor@barhill-ca.org**. Thank you!

Dear all,

Having spent a harrowing "Firework Weekend" with a terrified dog clinging to my leg (it was our first firework time together), may I just remind folk that the supermarket ASDA apparently sell fireworks with no noise?

This may well appeal to some folk who like the sparkle of fireworks, but care not for the sound, or its effect on pets...

Thank you. [I will try and send in a reminder of this later in 2024!]

Jan Cundy

Hanover Close

Dear all,

A Special service called "A Time to Remember" will be held on Sunday 25th February at 6 pm in the main Worship Hall by the Olive Tree Bereavement Group.

This is an opportunity to come and listen to music, poetry, and light a candle to remember anyone that you have lost.

There will be light refreshments served following this service, where there will also be an opportunity to talk to someone in private should you wish to do so.

For more details telephone Sue Kenchington **780260**, Chris Stannard **781978**, Maggie Cox **488657**.

Dear all,

Bar Hill Library is looking for Friends!

Could you help us start a Friends Group to raise funds and run events for our library? It would be an opportunity to become part of a group of like-minded volunteers and help develop our community. If you might be interested, please come along to the library from 3.30 - 4.30pm on Wednesday 28th February. There you can meet with members of other Friends of the Library groups to find out more.

If you would like more information or can't make the date, please come to see us during usual opening hours or email **barhill.referral@cambridgeshire.gov.uk**

We look forward to seeing you there,

Bar Hill Library

Bar Hill library

8 o'clock club

The club is a women's group who meet on the 1st Thursday of the month at 7.30pm in the school.

Our next meeting is on Thursday 1 February when our speaker will be from Hearing dogs for deaf people.

We welcome back our members and if you are new to the village and would like to join please come along or for more information please phone Barbara **204171** (**07847 327709**) Adela **204265** or Ann **204687**

The deadline for submissions is the second Thursday of the Month. Please send your article to **bhn-editor@barhillca.org** (PDF, Word, Pages, etc)

FOR SALE:

COMPOSITE DECKING. 22 Square Metres Approx BROWN Double sided Grooved & Flat non slip. Various long lengths. £200 O.N.O Buyer collects

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Hedgehog Fact

The 'hedge' part of their name comes from them building their nests in hedges , shrubs and bushes. The 'hog ' part comes from the snorting / grunting sound they make similar to a pig.

FOR SALE for Happy Hours

- A Jumbo Donut Maker – 2 silicone ring donut moulds, approx.. 9" diameter. Mini dessert decorator with 7 heads and instructions. **£2**
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- Small dog canvas carrybag. **£2**
- Ceiling bar with 4 LED lights. **£2**

Contact: **anne@rwp10.plus.com** or **01954 780364** (answerphone)

Swavesey Camera Club

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Annual Photographic Exhibition

Saturday 23rd March 2024

From 10 am to 4 pm at Swavesey Memorial Hall

Swavesey Camera Club are back in March 2024 for their Annual Photographic Exhibition. This event is one of our major opportunities to demonstrate our photographic skills to the public. Visit us and vote for your favourite image. In addition to the beautiful prints on display, there will be a continuous display of projected images and AV presentations. Some of the images will be available as greetings cards with all the proceeds from the card sales going to Over Day Centre. Coffee, excellent cake and other refreshments will be available all day.

Wheelie by Andy Dearn

Visit our website (see below) where you can find further details of the exhibition. On the website you will also be able to see an online version of the exhibition.

(Our exhibition is kindly sponsored by Ash Croft Veterinary Surgery and Tait Financial Services Ltd).

www.swaveseycameraclub.co.uk

Bar Hill Pre-School

We welcomed the start of the New Year with activities around the numbers '2024', and making memory boxes and calendars. We talked about our festive celebrations with our families.

Our focus this term is thinking about 'Winter', the 'local environment' and 'people who help us'. Our first role play for the year was the 'doctors', where we had treatment cards with various parts of the bodies, that we used to make the baby dolls better using our doctors equipment and bandages.

We have painted ice and used tools to break the ice into millions of pieces.

Our moving on class have been playing 'Simon says', again learning names of parts of the body, and practising the next set of Phonic sounds.

In the forthcoming weeks, we will be having role play areas on the themes of firefighters, teachers, dentists and the post office.

Interested in finding out more and booking a place for your child? Contact **enquiries@barhillpreschool.co.uk** or call **01954 782892**. You could also visit our website **www.barhillpreschool.co.uk** for an enrolment form.

Children are offered places from the term after the child's second birthday. We are open 9am-3pm in term time. Funding and tax free childcare schemes are accepted.

Wildlife Friendly Gardening

There is still time to plant trees and shrubs before the growing season in spring.

A lot of wildlife will still be hibernating, you might spot an early hedgehog or bumblebees that have come out in milder weather. They will have gone without food for months, so will naturally be hungry.

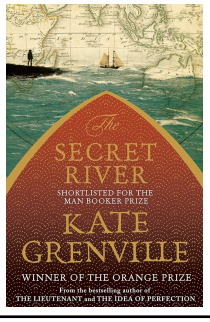
They will appreciate fresh water being left out along with some food. For hedgehogs at this time of year, small cat biscuits (nothing fish) will be a great help. For the bees we can help them by making sure there are winter flowers out such as winter flowering honeysuckle and heather.

We can really make a significant contribution to supporting our wildlife by putting out additional food over winter. We are paid back in dividends in being able to watch wildlife in action, no matter how small a garden or balcony we have and often at a very close distance.

Bar Hill Ladies Book Club

Bar Hill Book Club will meet again on February 13th in the Sports and Social Club at 7:30pm.The book is: "The Secret River" by Kate Grenville.

For details of future events please email **sheilafarrar@hotmail.co.uk** or call/text **07920 558319**



Bar Hill Church Knit & Natter

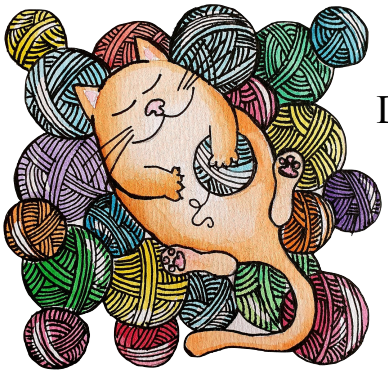
We continue to meet regularly on a Thursday afternoon from 1.30 until 3.00pm at The Octagon. All are welcome.

As a well established friendly group, we enjoy knitting and are all very good at "nattering".

Our aim has always been to welcome and encourage people to join and meet old friends and make new ones. Also to encourage people to use their knitting skills to make things that other people need anywhere there is a need.

We have made vast quantities of baby clothes, scarves and hats for children and adults wherever the need arises in this country or another. We recently made a number of blankets to go into Food Bank parcels at Christmas.

We are always very grateful for donations of wool for our projects if anyone has any spare. Thank you for recent donations they are greatly appreciated.



During our afternoons together, as well as knitting and nattering, we have a regular exercise slot when Wendy keeps us stretched and strengthened with fun exercises. (soon after that we have tea and cakes !!)

Are you interested in joining us? Either phone me or just turn up on a Thursday afternoon. We look forward to seeing some new faces as well as our lovely familiar ones. P.S. You don't have to be able to knit to join us, we are very happy with nattering.

Sue Kenchington **780260**.

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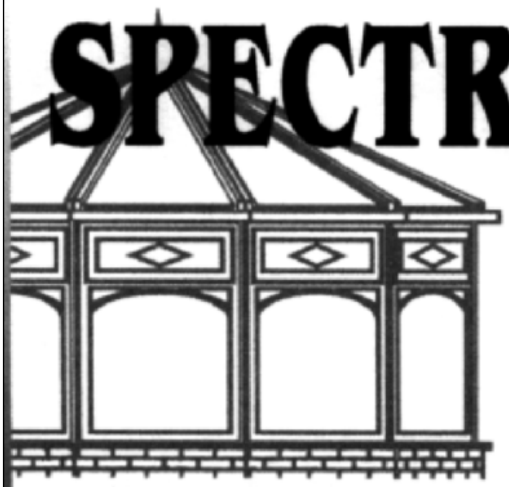

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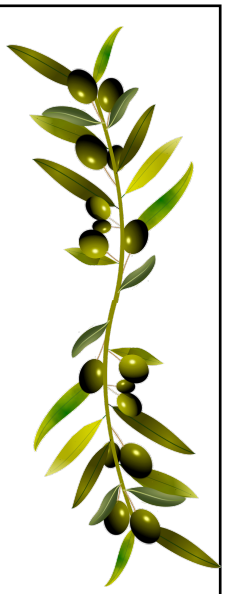

Our next meeting for members will be on held on Saturday 10th February. The following month is 9th March. Both are held in the Octagon at 10.30 am.

We will be pleased to see you if you are a regular member, a new member or if you have never been before.

The Winter is now upon us. You may find this a difficult time to cope with, an extra feeling of isolation and loneliness, particularly the longer nights. If this is you perhaps you would like to come along and meet people experiencing this too?

This is a very welcoming group where you can talk quite freely and your confidence will be respected. There will be time to share your experiences, listen and have discussion as well as getting to know others in the group, with time for refreshments too.

If you are wondering whether the group is right for you, please phone one of us to talk about it. We welcome all newcomers and would prefer that they arrive at 10.00 am on the above dates so that we can explain what happens.

The leaders, who are CRUSE Trained, and members of the group will offer a warm welcome and you will be in the presence of people who have been through loss and understand the pain and difficulties that this brings.

For more details, telephone Sue Kenchington at **780260**, Chris Stannard at **781978**, or Maggie Cox at **488657**.

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BAR HILL DISTRICT COUNCILLOR'S REPORT

Cllr Bunty Waters - **bunty.waters@ntlworld.com**
01954 201421/ 07734 690580

HAPPY NEW YEAR TO ALL

Welcome if you are new to the village, you can meet me in the HUB on Monday mornings for a coffee, you can contact me if I can help in any way or you would like more information

FLOOD

Severe weather that leads to flash flooding is becoming a part of the changing UK weather pattern and it is important for people to be as prepared as they can be. Flooding can be a serious problem in Cambridgeshire. Acting early is a great thing to do to get prepared. If there is an imminent risk to life, always contact emergency services on 999.

What should I do when flooding is imminent?

- Act early. Floodwater rises rapidly if there is a flood warning. Don't hope for the best, act early
- Tune in to local radio or television news for updates
- Pack essential items you will need if evacuated – medication, clothing, toiletries and items for children, shut windows and lock doors
- Do not attempt to drive through flooded roads, the water may be deeper than you think.

Be prepared for flooding

It is advisable for all residents and businesses to have a flood plan in place. It is impossible to completely flood-proof your property, but there are steps you can take to reduce the damage flood water may cause.

Prepare a personal Flood Plan-**https://www.gov.uk/prepare-for-flooding**

Sign up for flood warnings if your property is at risk of flooding. This service is free

Sandbags

SCDC does not provide a sandbag service to residents. Generally, it is the responsibility of residents to protect their own properties from flooding. However, we do have a limited supply of sandbags that can be delivered to domestic properties that are at imminent risk of flooding only, and not as a preventative measure days or hours in advance of potential flooding.

COST OF LIVING SUPPORT IN SOUTH CAMBS

Have you checked your entitlement to claim national benefits? Please complete the form www.entitledto.co.uk and complete the online form for individuals. Do you need help from the Foodbank, you can find any help from the HUB on Monday mornings at the Octagon.Have you tried a Mobile Food Hub, there is one at Papworth, open Mondays 1pm -2pm CB23 3UY behind the Co-op.

NATURE IN YOUR GARDEN

Bird feeders benefit from diets including suet, sunflower hearts, peanuts to keep up their fat reserves over the winter. BUG hotels are great for insects to shelter and hibernate.

Bar Hill Church news

Services

Sun 4 Feb, 10:00 am: Holy Communion

Thu 8 Feb, 10:00 am: Midweek Holy Communion

Sun 11 Feb, 10:00 am: All Together Worship

Wed 14 Feb, 7:30 pm: Ash Wednesday (evening)

Sun 18 Feb, 10:00 am: Holy Communion

Sun 25 Feb, 10:00 am: Café Church

Sun 25 Feb, 6:00 pm: A Time to Remember (see below)

Sunday morning services can also be attended via Zoom: meeting id 882 9761 3899, password: 284740.

Around this time each year we hold a *Time to Remember* service for those who have lost loved ones. During the service there will be an opportunity to recall their name and light a candle in their memory, and a time to chat during refreshments afterwards.

Morning Worship (by Zoom)

8:15 am Mondays to Fridays, by Zoom only, for approximately 20 minutes. All are welcome. (Use the same Zoom link as above.)

About us

Bar Hill Church is an ecumenical partnership working with the Church of England, the Baptist Union, the Methodist Church and the United Reformed Church.

Contacts

Church Office: Ian Farr, 01954 206120, church.office@barhillchurch.org.uk
Working hours usually include Monday, Tuesday and Wednesday mornings.

Minister: Revd Wendy Wale, 07780 828865, minister@barhillchurch.org.uk
Working days are Monday, Tuesday, Thursday and Sunday

Website: https://barhillchurch.org.uk

Facebook: https://facebook.com/barhillchurch

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Over Memory Café

inviting all people living with memory loss, their families and carers, to join us for Music, Refreshments and Fun.

we rely on guests being accompanied by a carer or family member

free to all, every month on the fourth Saturday, our next Cafés are on

Saturday, February 24
Saturday, March 23
Saturday, April 27

from 10 am to 12 noon

held at The Over Day Centre, 1 Drings Close, Over, CB24 5NZ
wheelchair accessible, free parking available

Buttercups CHILDCARE LTD

Bar Hill Day Nursery and Out of School Club

www.buttercupschildcareltd.co.uk

Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email: info@buttercupschildcareltd.co.uk**

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**

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Bar Hill Catholic Mass

Celebrating our love of God – Meeting with friends – Volunteering

Mass will be held in Bar Hill Church at 6pm on Saturdays. Our services are open to all and everyone is very welcome to attend.

If you have any queries please call Bunty Waters **07734 690580**.

Our local parish priest is Father Adrian Gates, from OLEM, Ditton he is also the Hospital Chaplain - **07842 190882**.

Come & worship & celebrate Christmas - everyone welcome. Contact Bunty Waters for more info.

Help! We're missing something …

Maybe it's an article by a group you support? A bit of local news? Or even details of an event? Let us know!

Deadline for inclusion in the March issue is **8th February**.

CHRIS'S BIKES

Bar Hill's local cycle centre

2 Thornton Way, Girton, CB3 0NJ
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To contact Neighbourhood watch please email nhwinbarhill@yahoo.co.uk
To keep up to date on the latest developments please join us on facebook: bit.ly/FBBarHillNHW (or search for "Bar hill NHW")

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Bar Hill Tennis Club- 2024 AGM

www.barhilltennisclub.co.uk

Some of our members have been playing during the winter but most of us however are looking forward to the new season and hopefully some summer sun. What better way to welcome the better weather than enjoying a game of tennis!

Why not come and join our Club for some fun tennis or hire a court for casual play.

This year our AGM is being held at 7.30pm on Tuesday 5th March in the Bar Hill Social Club. All members and non-members interested in tennis or want to know more about the Club are invited to attend – if you would like more information please contact Paul Chubbuck (details below). Don't worry if you are not a Social Club member – we can sign you in!

Just a reminder for current members that all memberships are due for renewal on 1st April and as usual the court access code will be changed from that date. For 2024–5 membership details will be available on our web site from mid March. There is an active WhatsApp group for members to share information and find playing partners.

We invite all current, lapsed and new members to come along and play on the courts. Please encourage your family, neighbours and friends to come down to our Club social nights to play some tennis. We welcome players of all abilities. Tennis is an excellent way to keep fit and enjoy summer in a relaxed and friendly environment.

Our Adult Club nights for social tennis are Tuesdays & Thursdays 6.30 to 9pm and Club nights start Tuesday 9th April 2024 (or earlier if the weather permits). We look forward to seeing you!

Paul Chubbuck (Secretary) **01954 781688**, Mobile **07983 435104**

Email: **info@barhilltennisclub.co.uk**

FOR MORE INFORMATION GIVE US A CALL OR VISIT OUR WEB SITE

"Thank You!"

A HUGE "Thank You" to everyone in the village who came along and supported our Christmas Tree unveiling at the end of November. A special thank you to Alison from the school who organised the colouring competition, the Parish Council for use of the square, Bar Hill Food Truck Volunteers, Jen Runham for organising the School Choir, Lord Conrad's for help organising, Ivor from Christmas Decorators for arranging the tree (and storing our lights so well over the year), our village's very own John Houston for arranging a special visit from Santa Claus, Karen for organising the Christmas Market and allowing us to piggy-back on the event, and finally a very special Thank You to Vets4Pets, Specsavers, Bar Hill Motors, and everyone else who donated - without you this event would not have been possible!

The team will now be enjoying a (few!) months off before we start planning for the 2024 event for which we have already picked the date; **Saturday, 30th November 2024** although looking at the feedback from this year and last year we are also going for a later switch-on time this year of 5 pm.

If you would like to be involved next year, either helping out on the day or helping us prepare for the event, we would absolutely love to hear from you. You can reach us at **volunteering@barhill-ca.org**, or by calling/ messaging **07814 871752**.

And finally a big congratulations to Yonni who provided us with the fantastic artwork that covered the December/ January issues for the Bar Hill News. If you'd like to see more of the competition artwork then all entries are available in the library (in the Local History section).

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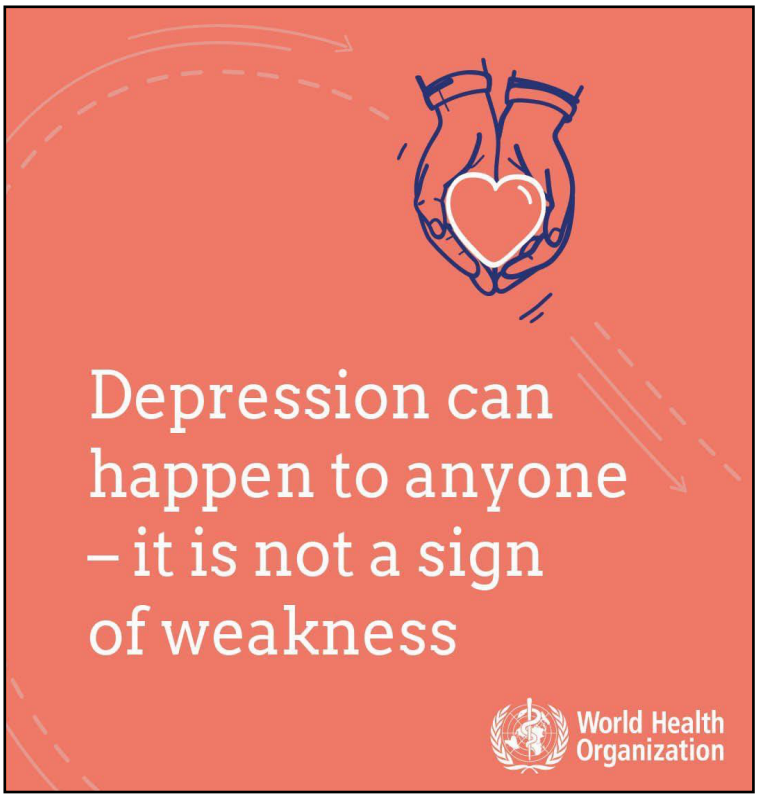

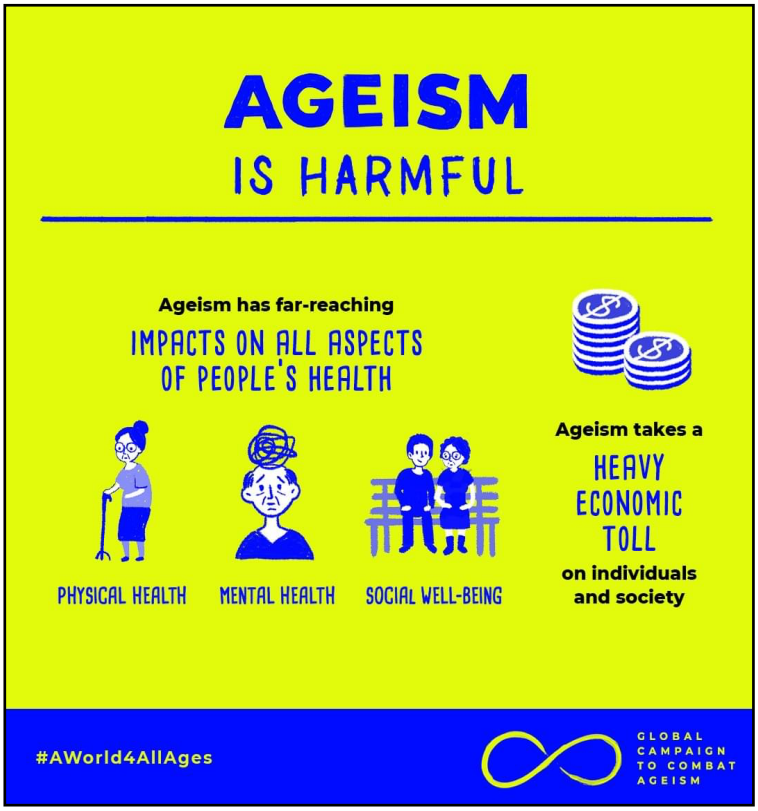

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BAR HILL COUNTY COUNCILLOR'S REPORT

Cllr Edna Murphy - Edna.Murphy@cambridgeshire.gov.uk
01223 577005

Cambridgeshire County Council

Budget Proposals Offer Further Investment in Roads, Despite Toughest Year Ever

It is budget time in councils and this year has been one of the toughest budget setting rounds on record. So many councils face an uncertain future, with the majority of well-managed county or unitary councils reporting they do not know how they will balance their budget in 2 years' time. It is of course a legal requirement to balance the budget and failure to do so leads to a s114 notice being issued, which is a bit like the council becoming bankrupt. The situation is serious. When the majority cannot balance their budget there really is something wrong with the system.

But Cambridgeshire County Council is continuing to set a balanced budget and we are determined to combine good financial management with continuing to push forward on our priorities. Despite the constraints and pressures we want to continue to invest in the condition of the roads, pavements and cycleways to ensure safe surfaces for all road users including cyclists and pedestrians. We also are pushing for more work clearing weeds and cleaning out gullies which plays such an important role in preventing flooding. To date we have cleared out thousands more gullies than had been done previously, and this work must continue if we are to make as positive a contribution as possible to flood mitigation. The cost of living has been – and continues to be – hugely challenging for so many families. We are pushing for more support for children and families with a continuation of the Household Support Fund, and potentially rationalising the Council's use of property to be more cost effective.

Any additional investments would come despite enormous pressures from rapid rises in costs for social care and home to school transport, following central government decisions, but with no support to help pay for the additional costs.

Cambridgeshire receives less central government funding per head of population for public services than most other areas across the country. We desperately need this to be reviewed and we hope this is on the agenda for any government, whether outgoing or incoming!

BHCA

Looking for opportunities to volunteer? Want to use or develop new skills? Computing, English, Marketing, … ?

We'd love to hear from you at the Bar Hill Community Association (BHCA). Please get in touch:

volunteering@barhill-ca.org

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Bar Hill NWR - February 2024

Bar Hill NWR (National Women's Register) is a friendly group of like minded women who meet, now in The Octagon, every two weeks discussing a variety of topics.

Feb 1st - newspapers; their relevance today, research history of one

Feb 15th - Winter festivals & customs round the world

Feb 29th - research someone famous who shares your birth day/month

If you are interested in joining please contact the Local Organiser Marie-Thé on **780329** or her deputy Julie on **201502**.

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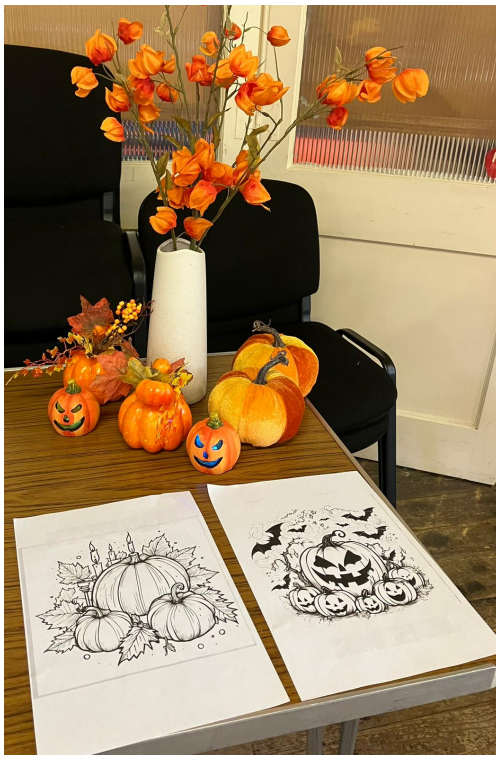

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BAR HILL PARISH COUNCIL

Parish Council Office, Hanover Close, Bar Hill. CB23 8EH
01954 780456 - **clerk@barhill-pc.gov.uk**
Chairperson: **bunty.waters@barhill-pc.gov.uk**

Correspondence

For any correspondence please contact the Clerk in the first instance (see above).

We now have a new Parish Clerk Carla Walker please see updated opening times below.

Parish Office Opening Hours

Mon-Fri 9:00am - 5:00pm

Sanctuary Housing Update

We had forecast that all plots would be handed over prior to Christmas 2023, but unfortunately, the contractor that was working for us, Wellington Construction Ltd filed for administration in November, meaning all works were sadly halted.

Sanctuary Group are currently working through the legal and contractual issues surrounding contractor administration and while good progress is being made, we cannot currently provide any certainty of when the works will recommence. However, whilst the works have stopped, Sanctuary Group have taken the necessary measures to introduce 24 hour security on site, to secure our asset.

I will provide further updates when I am in receipt of any more information and once Sanctuary have appointed a new contractor.

Tree Works

The annual tree works are ongoing and you will see them working around the Village.

Flood Information

For anyone who is worried by the recent flooding or has experienced flooding of their properties for advice and enquiries about flood warnings please contact the Environment Agency's Floodline on **0345 988 1188** (24 hours service). For general queries about main river or flooding from the sea contact the Environment Agency on **03708 506 506** or **0345 988 1188** or visit **www.gov.uk/environment-agency**

Committee Meeting Dates

Environment and Amenities Meeting 7 February 2024

Full Council Meeting 15 February 2024

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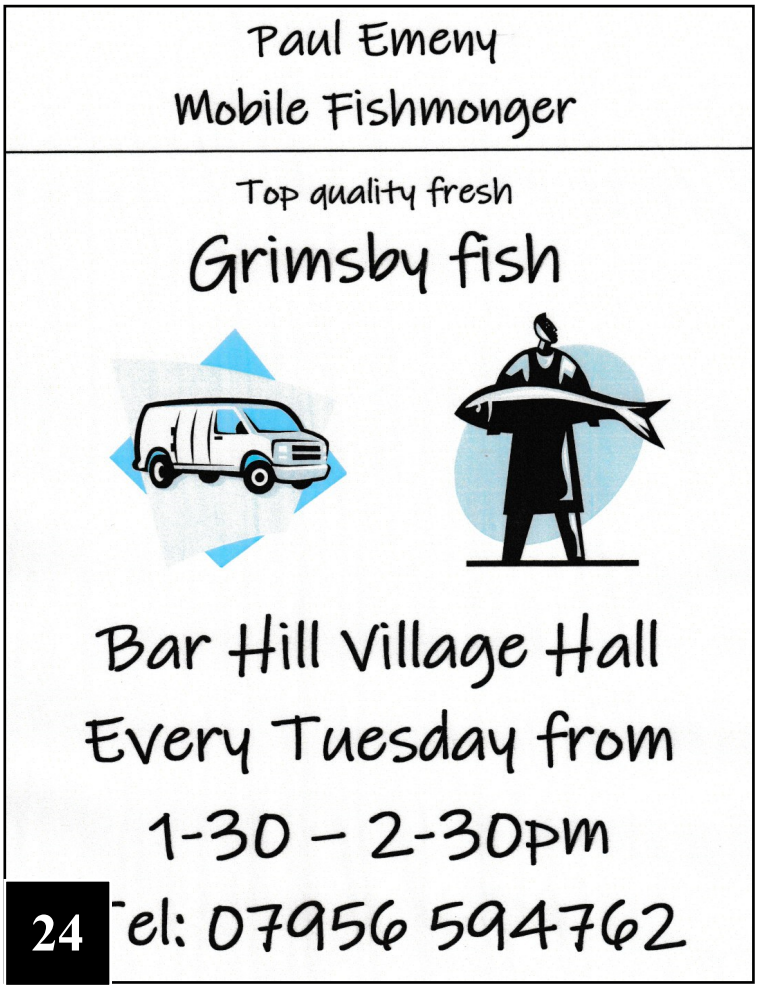
Bar Hill Village Hall

The large Main Hall has multi-purpose vinyl flooring, making it flexible for all types of events. There is a kitchen alongside the Hall with a serving hatch, making it useful for self-catering at parties, discos and the like. The licensed bar can be booked on request and will be serviced by the Sports and Social Club. The Hall opens out onto a large patio area that is ideal for external activities or a spill-over for internal events and has two bolted gates that lead off the premises.

There is also a Meeting Room, with its own independent access and great for meetings of up to 10 people.

The Village Hall is managed as a registered charity (number 1002579). To book, please visit our web site **barhillvillagehall.com** and email **enquiries@barhillvillagehall.com** to confirm arrangements.

Alternatively, call **01954 782414** and leave a message. We aim to return calls within 24hours (Monday to Friday).



cda Hearing Help 2024

Bar Hill

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And continuing on the 1st Wednesday of every month

Book an appointment www.cambridgeshirehearinghelp.org or leave a message 01223 416141 & we'll get back to you
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VOLUNTEERS
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1st Bar Hill Scout Group

Bar Hill Scouts now has four sections: Scouts, Cubs, Beavers and our latest section, Squirrels, for the 4 to 6-year-olds. They started in September and are having a lot of fun and starting to learn new skills.

Scouts
1st Bar Hill

The Beavers are enthusiastically tackling their programme and enjoy a sleepover with lots of games.

Cub Scouts enjoy a busy programme, learning new skills and craft projects, and attending group camp.

Scouts in our senior section had a weekend camp with many activities and cooking all the meals. The Scouts are looking forward to a summer camp in Holland and are raising money to help fund it.

Last but by no means least, a warm (we have just had new heating installed) welcome to Bar Hill Guides, who are now sharing the Headquarters.

We can be contacted about children joining or adults helping at **nathan.hills@barhillscouts.org.uk**

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Bar Hill Primary School

Happy New Year from Bar Hill Primary School. In EYFS, the children all came back happy and ready to learn and have remembered all of the letters and sounds that they were taught before the Christmas break. This half term all of the children will be taking part in Balanceability lessons and have already enjoyed the first of these sessions.

Years 1 and 2 have made a super start to the Spring Term, working really hard in all subjects and modelling the school values. They have been looking at the book 'Black Rock' in English and the pupils have begun to think of their own ending to the story (having not been shown the ending at the moment). In science they have been enjoying undertaking some practical investigations related to materials and examined which materials from a selection such as: leather, tissue paper, carrier bags, cotton wool etc... were the strongest.

Years 3 and 4 science lessons kicked off with experiments to help us determine the properties of solids, liquids and gases - we even had a trick biscuit question in there! Why not ask your child to determine what different materials around the house are? Can they remember the properties that make them a solid, a liquid or a gas? History this term is Ancient Egypt and they started off by recapping the historical themes that run throughout learning. We then explored how important the River Nile was to the Ancient Egyptians and how it helped to make Ancient Egypt a 'significant civilisation'. They are looking forward to an Ancient Egyptian day later this half term.

Years 5 and 6 enjoyed an Ancient Greece Day! Led by local company, History Off the Page, students experienced life at the Ancient Greek agora (market place), waited expectantly for news of the Greek army fighting the Persians, and learnt some very useful Greek crafts. We were especially glad to see so many students learning how to fight off colds and headaches at the medical stall - those skills may be invaluable this winter! You can see some photos of our amazing day in this newsletter, but we'll also be using photos, videos, and some of the specialist vocabulary from the day to refresh our memories throughout this half term. They also welcomed volunteers from the NSPCC who led us in a 'Speak Out, Stay Safe' workshop, which follows special assemblies held all around school at the start of the week. The children showed maturity and eloquence when speaking about situations that cause worry and gave some excellent suggestions for people and organisations they can turn to for support.

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If you would like to join, please either come along to a meeting or contact Wendy Arrowsmith on **01954 781381** or Malcolm Cox **01954 488657**.

Helping the European Hedgehog

Hedgehogs should still be hibernating but will wake up during milder spells to look for food to top up their body fat. Many will be in need of help especially those seen out during the day. We can help them by providing fresh water and wet cat/dog food and or kitten biscuits. Please don't give fish as it upsets their stomach. If you do see any out please contact Liz Dams on 07912 988898 or Shepreth Hedgehog Hospital 07947 361187 for advice. Hedgehogs out during the day usually indicates a serious problem and they will need veterinary treatment as soon as possible!

Bar Hill Indoor Bowls Club

We meet in the school on Friday evenings during term time only from 7.30 pm to 10pm with a 1/2 hour break for coffee. We are a very friendly group and we would love to have some new members. It doesn't matter if you have never played before just come along and join us one Friday, the cost is £2 per week but the 1st week is free.

So why not come along and give it a try?

If you would like more information please contact me on **01954 204171 / 07847 327709** or **barbara.page@live.co.uk**

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- Anne Brown, Cornwall

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†Hose down several times a year – Freed Fencing Ltd. is an introducer appointed representative of Ideal Sales Solutions Ltd t/a Ideal4Finance. Ideal Sales Solutions is a credit broker and not a lender (FRN 844269). Finance available subject to status. The rate offered is always provisional and will depend upon your personal circumstances, the loan amount and term.

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PlayPals

Weekly playgroup sessions for babies and preschool children

A range of toys and play equipment with fun activities including crafts, singing, sensory play and story time

Thursday Morning 9:45-11:15am*
at the Octagon, Bar Hill

*term time only

Taster session Free, Further sessions - under 1 £2, over 1 £3, 2 or more children £4 refreshments and snacks included

We look forward to seeing you at our next session

Wildlife Gardening Award

Members of Bourn Allotment Association were thrilled before Christmas when they received a Wildlife Gardening Award from the Cambridgeshire Wildlife Trust based at Cambourne.

“We all contribute to making our small site a haven for all types of wildlife as well as grow our own fruit and veg”, said one member. “There is nothing quite as satisfying as sitting down to a plate of veg you have grown yourself; fresh, organic and with zero air miles. They might be a bit wonky, a bit nibbled but they do taste good!”

In addition to growing your own food gardening is also a great way to relax, unwind and recharge in a natural environment. Not to mention a beautiful place just to sit and watch the sun go down while listening to the birds and busy insects.

Bar Hill HAPPY HOURS Club - February 2024

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/coffee and cakes, getting together with friends, fun and games. All of this for only £2 per person. The bar is open if you want something extra.

We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along and join us.

Coming up:

2nd February: Bingo and a Quiz

9th February: Early Pancake Day

16th February: Valentine’s Day

23rd February: Bingo and a Quiz

1st March: St David’s Day - Welsh theme

8th March: Charity Afternoon tea in aid of Alzheimer’s – any donations for the raffle greatly appreciated.

If you give us a try your first week is free.

Anne Plumb

01954 780364 | anne@rwp10.plus.com

FRIENDS OF THE ROSIE

HAND-MADE CHILDREN'S TOYS AND CLOTHES

RAISING MONEY ON BEHALF OF THE FRIENDS OF THE ROSIE HOSPITAL – REGISTERED CHARITY NO: 1036092

We wish all our customers and supporters a very Happy New Year and all the very best of health throughout 2024.

You can grab yourself locally sourced, unique, beautifully crafted gifts for special friends and family by using our online stores, and you will be avoiding the crowded shops and keeping yourself safe. You can shop for new items at www.rosieinstitches.org.uk or donated items in our **rosieinstitches2010** eBay charity store, and vintage knitting patterns on our facebook page. Please take a look at our extensive selection of jumpers and cardigans ideal to keep babies and children up to 4 years old toasty and warm through the winter using coupon sleeves50.

Thank you for supporting our charity at the village events in 2023, you helped us raise a whopping £3,600 for The Rosie Hospital.

Come and see us in person at the next Community Market

Aurelia London are offering a complimentary Miracle Cleanser 50ml when you spend £40! Worth £22 click on the link on our website

A fundraising platform we are now using is Benevity **https://causes.benevity.org/causes/826-1036092**

By signing up to support Friends of the Rosie Hospital, Cambridge, England for FREE on **https://www.easyfundraising.org.uk/causes/forh**, you can raise donations whenever you shop online with over 7,500 brands including John Lewis & Partners, eBay, Argos, M&S and more.

We are continuing to accept donations of unwanted crafting materials for our crafters to use or for us to sell on eBay. We are still recruiting new crafters to our team.

New members are always welcome, whether to contribute financially, to join our team of crafters or display a small selection of our wares. Further details are given on our website volunteering page.

Thank you for your continued support.

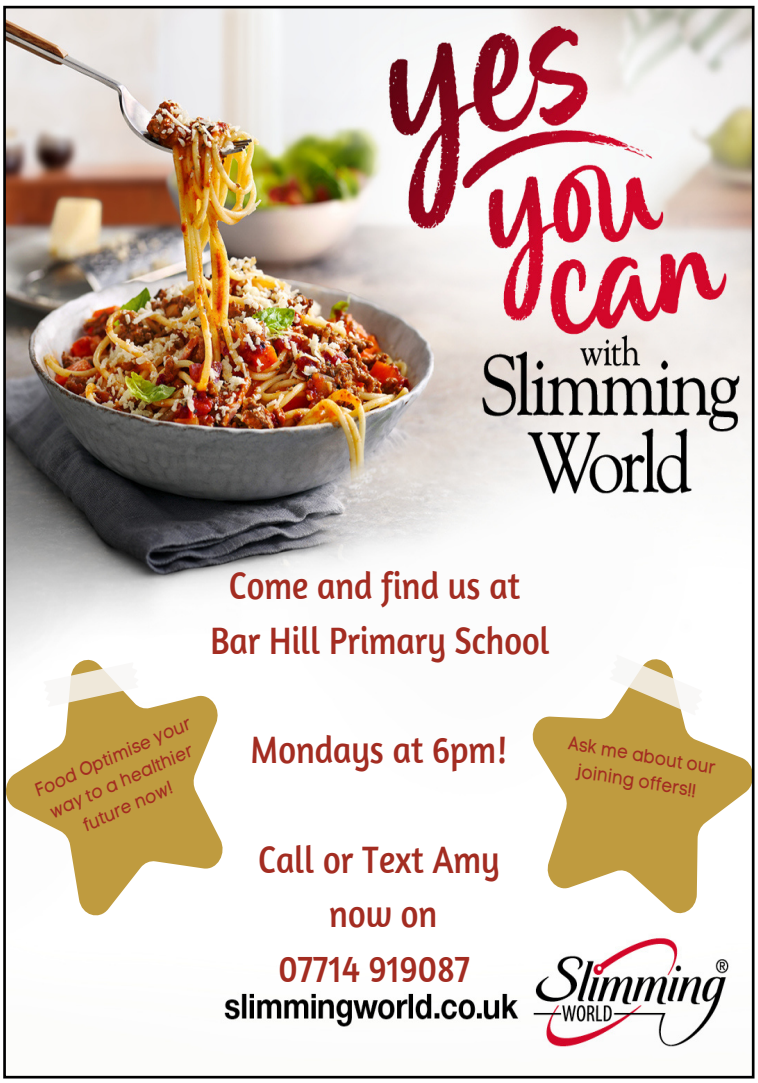
Avril Williams **01954 782431**
avril@rosieinstitches.org.uk

Jo Hall **01954 780304**

FOR SALE: BASS GUITAR AMP Harley Benton 20B **£35.**

MICROSCOPE WITH CASE AND ASSORTED SLIDES (OLYMPUS) **£40.**

Phone **7740071197**



WILLINGHAM & LONGSTANTON SURGERIES

Willingham 01954 260230 Longstanton 207600 Dispensary 207602

Online Consultations

This is a great way for you to contact our practice for non-urgent medical or admin requests. You can request results, sick notes, medical advice and order repeat prescriptions. It is a very simple form to fill in online and submit straight to the GP. You can access the new patient form via the NHS app or from our website, where the link is available on our home page. If you do not have access to the internet or find it difficult to use a computer or smartphone you can call reception instead and they will complete the triage form on your behalf.

Although the character count is limited on the form, please try to give as much specific and concise information as possible. Also, please bear in mind that, so as not to overwhelm the GP, there is a daily cap so we would ask that you only send one request per patient per day.

Please note - The practice will respond to your enquiry within 2 working days. If you need urgent assistance for an acute problem, please continue to call our reception team for an on the day appointment. Continue to use 111 for medical help when we are closed, or 999 for a life threatening condition.

Thank You

The Partners and Staff would like to send a huge thank you to the family of the late John Bevan for the very kind donation that was made for the Practice Equipment fund. It is very kind of patients and their families to think of the Practice and we are sincerely grateful. This money allows us to update equipment for the Surgery for the benefit of all patients, so once again we send our thanks for supporting us.

Car Parking

May we politely remind the wider community that the car park at the Willingham Medical Practice is privately owned and is for the use of our patients and staff only. We respectfully ask that it is not used for the school drop-off/collection as this means that our patients, some of whom are feeling very unwell or have serious health issues, are unable to park. It also causes issues with everyone's safety when the car park is unnecessarily busy.

Private Work

The practice is not able to provide fit to race statements for sporting events as the GPs are not qualified sports medicine doctors and not indemnified to provide these. If you need this please contact a private GP with expertise in this area.

GPs will complete insurance documents, however they are not covered under the NHS contract. As a result, the GP needs to prioritise their clinical work and therefore these types of requests may take a while so please allow a minimum of 28 days and be aware that charges may apply.

Carers Meeting

If you are a carer for someone and need advice and financial or emotional support, please come along to our carers support meeting on Wednesday 7th February at Willingham Surgery, where we will be holding a drop in meeting between 2pm and 4pm. Please come along and get some support from other people in the local community. Refreshments provided, no need to pre-book and completely FREE! Meetings are held on the first Wednesday of every month and for more information please contact **susan.lawson7@nhs.net**

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Qualified Consultant who is fully insured to assist with any of your baby/toddler and child carrying needs.

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The Bobby Scheme - Push Button Doorbells

THE BOBBY SCHEME

Push button bells may soon be a thing of the past as more and more homeowners turn to 'video' technology to find out who's at the door.

Video doorbells enable you to answer the door even when you're not at home, by connecting with your mobile phone, so you can not only see who's there, but talk to them too.

The technology is beneficial from a crime prevention point of view as the video doorbell will capture images of unwelcome callers. Video evidence from victims' doorbells has been used by police in cases of burglaries, rogue traders, doorstep fraudsters, incidents of domestic abuse and many other crimes.

The doorbell can be installed to cover a specific area in front of the property, and just knowing one is there may be enough to discourage any potential intruders.

A property is suitable for a video doorbell if there is a wi-fi connection, and the homeowner has a smartphone or tablet that can support the doorbell app. It's a case then of positioning the device and linking it to the phone – many devices allow you to link to more than one phone, which is particularly useful for other family members who may wish to protect a vulnerable older relative. It means a relative can talk to whoever is at the door through their own mobile phone. The caller will be able to listen and respond via the doorbell device, rather like an intercom system.

For supply and installation please contact the Cambridgeshire Bobby Scheme – **01480 413311** or email **info@thebobbyscheme.org**.

Norman's Dog Day Care

Come and join Onyx and his friends at our popular....

PUPPY SOCIALISATION & TRAINING SESSIONS

Sessions run twice daily Monday to Friday

AM session: 8am to 12 noon*

PM session: 12:30pm to 4:30pm*

£20 per session (up to 6 months)

The course is designed and run by Tamsin-Jane Sewell a degree qualified Canine Psychologist, leading local dog behaviorist and highly acclaimed trainer. Here your puppy will be scientifically introduced to many other breeds of dog where he/she will learn to socialize properly, giving your new fur baby the very best start in life. Our aim is to help you develop a well rounded and contented dog from puppy through to senior citizen.

During each session an element of training is introduced, tailored to your dogs identified developmental needs, with a short video uploaded to a dedicated and exclusive 'members only' training area on our Facebook page. This will contain a demonstration of each task/developmental aspect with useful 'how to' tips to help you continue the training in your own home. Come and join us in our clean, safe and popular Day Care Facility in the village of Over just outside Cambridge.

* some flexibility over pick up/drop off times

Well over 300 puppies successfully trained since the first easing of lockdown.

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Book your space now on 07764 959238 or TJ@normansdogdaycare.co.uk

run for your life.

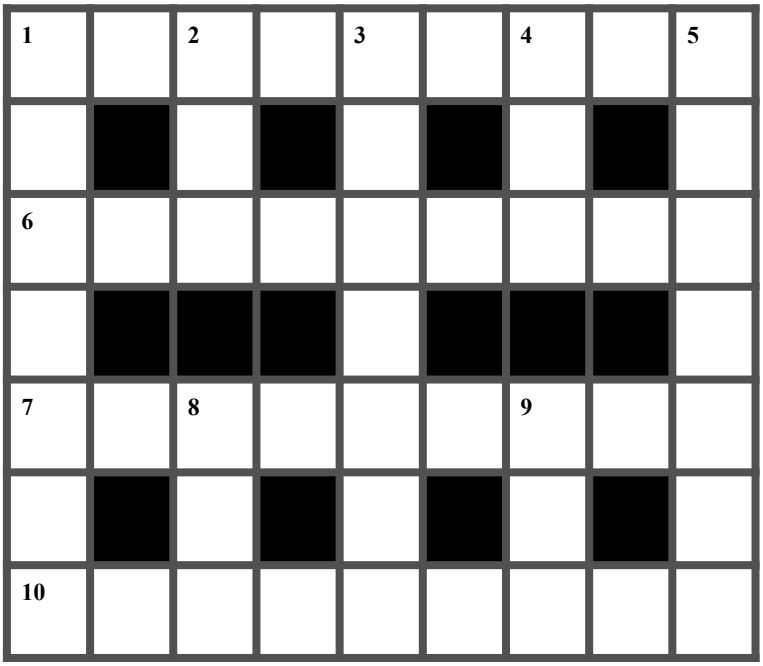
Healthy You

Free, friendly running group in Bar Hill

Join us for an easy way to get into (or back into) running. You can't get left behind and our only goal is that you have fun. No commitment and low stress!

Tuesdays & Thursdays at 6pm from The Octagon

Info and booking: linktr.ee/rfyl



PUZZLE - February 2024

Across- 1.like a tarry substance. 6.put back/ mend 7.stuffing in old furniture. 10.mid week

Down -1.seen at Duxford. 2.21st Greek letter. 3.stern. 4.hot beverage. 5.evidently. 8.labourite colour. 9.also.

OVER DAY CENTRE

2024is set to be an exciting year for everyone at Over Day Centre, with the following fundraising events already in the diary. We look forward to your support as we endeavour to raise much-needed funds...

ABBA
Saturday 9th March 2024

5 Pubs Challenge
Sunday 12th May 2024

Bike Ride
Sunday 30th June 2024

Quiz Night
Friday 11th October 2024

For more details on all our 2024fundraising events, please visit www.overdaycentre.co.uk/fundraising/ or scan our QR code...

Travel vaccinations

Should your plans require the need for travel vaccinations then Maple Surgery can accommodate NHS travel vaccinations.

These currently include;**Polio**, **Tetanus**, **Typhoid**, **Hepatitis A**, and **Cholera**.

Patients are advised to contact the surgery and book an initial telephone travel consultation with one of our nurses. We will then discuss your travel needs and make any recommendations /book you an appointment if required. Please arrange an appointment for a travel consultation at least 6-8 weeks before departure. You will be sent a questionnaire prior to your telephone appointment. Please note that we will not carry out the consultation if this questionnaire has not been completed.

Vaccines need time to take effect and some may require a course over several weeks. Patients are advised that bookings for travel vaccinations are limited therefore please book well in advance.

Departures

Practice Manager Charlie McDowell has now departed the surgery. Charlie stated "It has been my absolute pleasure to work at Maple Surgery and help to support its patients with their healthcare. In the time I have been here the development of the surgery has been profound. CGPN have helped to support myself and the staff here to provide greater accessibility for patients, and improve the quality of care provided. Patient feedback over the last year has continually improved month on month which has been fantastic to see. The staff both administrative and clinical at Maple are a testament to the NHS, without their continued efforts we would not have seen this success. In conjunction with this the support of the PPG has been fantastic, and I encourage more patients to get involved and have their voice regarding healthcare at Maple. Finally I want to wish all associated with Maple surgery well for the future and hope that it continues to improve."

Carers Café

If you are a carer for someone and need financial or emotional support, our Carers café meeting is held every second Monday 10am-11:30am at the Hub. This is organised by our social prescriber Alaine Bunce who plans external speakers to provide information on a relevant subject. Refreshments are provided. If you feel this would interest you please contact us.

Closure afternoon

Maple Surgery will be closed from 2pm on Thursday 29th February for staff training. We will re-open at 8:00am on Friday 1st March. If you need urgent medical assistance during the closure afternoon, please call 111 who will direct you to the appropriate service.

REMAP making things possible

What does Cambridge REMAP do?

- REMAP volunteer engineers design and make bespoke equipment for people of all ages (babies to elderly), with a disability.
- We can make equipment to facilitate Mobility, Personal Care, Hobbies, Communications, Sports, etc.

How can get I help from Cambridge REMAP?

- If you are struggling with a physical task due to a disability, get in touch.
- REMAP engineers often work with health professionals, such as OTs and Physios, but Carers and individuals can also contact REMAP directly (details below).
- Our service is provided free of charge

Cambridge.Secretary@remapgroups.org.uk
Tel: 07946 019175
www.remap.org.uk Remap.org @RemapUK

Bar Hill library
BAR HILL LEGO CLUB
SECOND WEDNESDAY OF THE MONTH (TERM TIME ONLY) 3.30-4.45PM
ALL SESSIONS ARE FREE OF CHARGE AND DON'T NEED BOOKING, JUST COME ALONG WITH YOUR CHILDREN!
Cambridgeshire County Council

Bar Hill library

Mon	10:00am – 5:00pm
Tues	2:00pm – 5:00pm
Wed	10:00am – 5:00pm
Thurs	Closed
Fri	2:00pm – 5:00pm
Sat	9:30am – 12:30pm
Sun	Closed

Cambridgeshire County Council